

SELF-SABOTAGE

7 TIPS FOR GETTING BACK ON TRACK



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Pivot from THINK to DO

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SELF-SABOTAGE

& GETTING BACK ON TRACK



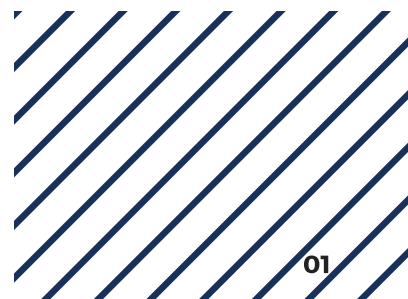
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How to STOP Self-Sabotaging Your Success Right Now

This package was created to help you overcome some of the ways you get in your own way. It's meant to help you optimize your performance and maximize your results, because I want you to be successful at whatever you're pursuing! (Duh!)

As an Olympic athlete and now as a Performance Coach, it's been my job for 15+ years to determine which actions, decisions and mindsets help people reach their optimal performance. Although every journey is unique for each person, there are a consistent set of factors that impact a person's performance and can either lead you to success or failure. Which means that you will either experience one or the other.

In the pages that follow, I am going to address some common mistakes that detract from your performance (especially as we navigate these choppy Covid-19 waters). These mistakes directly impact your ability to perform at your best by leeching power from your preparation, execution and ownership- all things that are within your control! It's doubtful that all of the pieces of advice will be relevant to you at this one moment, but it is quite likely that they'll become relevant to you at some point on your journey forward.

Let this book be your secret weapon to help push you towards success.

Let's go!

T H E

" K I S S "

P R I N C I P L E :

The "Keep. It. Simple. Stupid." principle states that most systems work best if they are kept simple rather than made complicated.

If you take nothing else away from this booklet (or if you're having a lazy moment), **READ THIS PAGE. Optimal, kick-ass performance breaks down to three main focus areas:**

1 Preparation: focuses on the efforts you put into setting yourself up for success. It's the thinking about the future; the strategizing; the goal setting; the planning for the results that you want to achieve.

2 Execution: is the action that you put forward in order to achieve what you are striving for; it's when you're in the trenches doing; it's the follow-through on the goals and plans you set for yourself and the utilization of feedback in order to continuously raise your own bar of excellence.

3 Ownership: is having the confidence, self-belief and guts to forge ahead towards your goals & dreams. It's when you take full responsibility for yourself, your actions and your mindset in a way that promotes your potential

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WHEN YOU'RE NOT GETTING THE RESULTS OR OUTCOMES THAT YOU WANT, PERFORM THIS QUICK CHECK-IN:

WHAT AM I MISSING IN MY:

PREPARATION- Do I even have clear goals/a plan of attack? (Or am I just "winging" it?)

EXECUTION- Where am I not following through fully? What's stopping me?

OWNERSHIP- How am I not showing up as my most confident self? Where does my belief waver? What would be possible if I knew I couldn't fail?

Often, these three things are intertwined with one another.

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Self-Sabotaging Traps (And How to Get Back on Track):



1) LETTING UNCERTAINTY TAKE AWAY FROM YOUR VISION

We're all dealing with a large amount of uncertainty in our lives right now. Covid-19 has caused a lot of change and I completely understand how you may be feeling removed from the vision you were once aligned with, and therefore aren't progressing towards it with the same vigor.

But here's the thing about a vision- it is the future that you are working towards:

it is the light at the end of the tunnel that guides your direction and path forwards, so that one day you'll arrive where you want to be.

Your vision is not confined to living within our current conditions.

To help you realign with your vision, follow these 3 steps:

1 Remind yourself of what your vision is- what are you working to create in your future- and why is it important to you.

2 Ask yourself "What would be an impactful action for my future that I could take right now?" OR "What is one thing I could work towards right now, that would tie into my future vision?"

3 Take the first step.



2) NOT TAKING ACTION BECAUSE YOU DON'T FEEL MOTIVATED

Back when I competed...

- I remember waking up some days and my body being so sore that I wanted to crawl back under the covers & avoid the rink.
- I remember days when I'd be laying on the floor at the gym for an exercise, (after on-ice training for 4 hours) & I'd debate taking a nap instead of finishing the workout.
- I remember countless moments where I didn't feel the kick-ass energy that we often call "motivation", yet I created the energy I needed to do my job to the best of my abilities.

Motivation is not guaranteed.

Motivation is not some tangible object that you either have or don't have.

Motivation is something that you create.

At times you will have a lot of it and at other times you will feel like you have none. To feel some variation of this spectrum is completely normal.



The mistake I often see people making, is to allow motivation (or lack of) to be an excuse; to serve as a reason to not do something.

But I'm here to say, the line "I'm just not motivated" is a copout.

Rather than feeding into this way of thinking, focus on what you can do to create the motivation you need to get started!

Here are 3 powerful suggestions to kick-start your motivation in times when you find it lacking:

Set a timer.

Get off your butt, and START whatever project you're putting off, with the clause that if you work undistracted for 30 minutes, and still don't feel "motivated" to continue working, you can do something else. A lot of time, I find that once I get started on something, the energy and motivation mysteriously show up.

Take a HAPPY break.

I am a big advocate for the science of happiness. Here's a fun fact: a human brain that's primed with happiness is actually a more productive, creative, efficient, motivated tool for you to use. So, the next time you're lacking motivation, go and do something that makes you smile for 15 min, and then come back to work.

Write a list.

Grab a pen and paper (yes, I'm old-fashioned and enjoy putting pen to paper) and write all the reasons why what you're working on is important to you. Write out why it matters to you. I find that when I read this list back over, I find the motivation to get some work done!

Self-Sabotaging Traps (And How to Get Back on Track):

3) PRIORITIZING YOUR PLAN, RATHER THAN YOUR END GOALS (AKA: NOT BEING ADAPTABLE)

Creating a plan of action to achieve your goals is important and recommended (in fact, "NOT making a plan" could also be included on this list of mistakes that people often make).

But, your "ideal" plan is only good to you if you're operating under "ideal" conditions. If you aren't willing to modify your plans to adapt to curveballs that can and will be thrown at you, your plan isn't serving you. Being able to maintain your focus on the most important goals that you're working towards, while adjusting the process to achieve those goals, is key to creating long-lasting success.

Life happens, and despite our best intentions and plans, we often have to work around the unexpected.

Rather than feeling frustrated and stubbornly committed to what once seemed like it would work, (trust me, I've gone the stubborn route before and it just doesn't work well!), challenge yourself to find subtle changes to your plan, that will result in a different journey, yet reach the same end destination!

(I know this is easier said than done, but it WORKS. This is exactly what I had to do when I was injured the year leading up to the Olympics- we didn't change our end goal, but we adapted our training to get there. We were flexible with our training plan, in order to achieve the main goal!

Here are some helpful questions to ask yourself when you need to adjust plans:

- What is the end result that I'm not willing to change?
- What part of my original plan still works, and what do I need to change?
- What seems like my best way forward in this moment?
- What other possible plans could get me to my same goal?

Try to be open-minded with the variations you come up with; be creative; and be willing to make the changes that you need to make, for the good of your goals!

Self-Sabotaging Traps (And How to Get Back on Track):



4) PURSUING PERFECTION

I'll be honest with you, I'm 100% guilty of falling into this trap. This could be my biggest downfall, as much as I work to overcome it- I'm a recovering perfectionist. It's quite common for those of us who are over-achievers to run into trouble occasionally with this. Our ability to create high standards for ourselves is strength, but at times, it can be a fault.

There are a lot of different methods to working through this self-sabotage, but because I'm one of those people who likes to face a challenge head on, I'm going to share with you my favourite method to push past the paralysis that perfectionism creates.

Pay attention to what areas you're expecting

EXTRA CHALLENGE:

GET MESSY!! EMBRACE MISTAKES!! FIND YOUR CONFIDENCE IN GROWING AND LEARNING RATHER THAN IN BEING "PERFECT".

Share a story on IG where you embraced your imperfections and grew into a better version because of it! Tag me and use the hashtag: #ImperfectAwesomeAndGrowing

perfection in, and then set a rule that completely contradicts perfectionism in that area. Yes, you read that correctly. Rub dirt in the face of your perfectionism!

Ex: I fall into the perfectionism trap when I'm writing and I can spend waaaaaay too long trying to piece the perfect words together. To conquer this sloth-like pace, I pick a section/paragraph/topic, set a 4-minute timer, and focus on getting the main points written down for that chosen section. When the timer goes off, I have to move onto the next point- whether I am finished or not!

(Talk about creating discomfort for myself.)

By doing it this way, I give myself the permission to not be perfect, and my ideas tend to flow more freely. I go back afterwards and repeat the exercise, but the second time, I expand upon each point. I then have a trusted friend edit it and send it back to me with suggestions.

I challenge you to find a specific way to offset your perfectionism.

Pursue excellence, in progressive developments over time, learning from your imperfections, rather than chasing the ever elusive "perfection".

Self-Sabotaging Traps (And How to Get Back on Track):

5) GIVING LIFE TO YOUR DOUBT/FEAR OF FAILURE

When pursuing an important goal, it's an almost guarantee that you'll face self-doubt and the fear of failure. You'll have to deal with the little voice in your head that lists all of the reasons why you won't be successful; why you're not good enough; and it will vividly describe to you how embarrassing it will be if/when you fail.

The voice in your head tends to be very creative and persistent!

The key point here is that just because you hear that voice in your head - it doesn't mean that you have to listen to it! Just because you hear that voice, doesn't mean that it is the TRUTH.

I heard that voice in my head when I was training for the Olympics, (Ex: "who am I to think I can actually achieve my crazy dream?") and I still hear that voice in my head as I build this business (Ex: What if you try to build a business and end up totally embarrassing yourself?). You don't need to get rid of the voice; you simply need to learn how to question it, challenge it and make the voice in your head work for you!

Here is a process that helps me take back control of my inner dialogue.

1 Rather than fighting your inner voice, examine what its saying and ask yourself "what purpose is this serving me?" A lot of the time, when I examine what the motivation behind the voice is, I can see that the doubt and fear are serving a purpose that's not actually aligned with my goal (ex: wanting to impress other people, trying to avoid a result rather than pursuing one, wanting to self-handicap etc.). Once you realize that the voice is supporting an outcome that isn't aligned with your goals, it's easier to dismiss the doubt and fear as unimportant..

2 Once I see that the voice isn't actually assisting my goal, I ask myself "what would a helpful statement sound like?", and sometimes I list a few different options for myself.

3 Then choose which option you want to act upon and feel good about!

Self-Sabotaging Traps (And How to Get Back on Track):



6) GETTING CAUGHT UP IN THE COMPARISON GAME

Lucky for you, it's a simple shift to make. Let me share with you what I did...

I used my competition as sources to learn from, feel inspired by, and as a catalyst for the positive changes I could make to improve my own skills.

Rather than focusing on what other people do better than you in a way that makes you feel like you're lacking something, pay attention to what they are doing that you'd like to be doing for yourself. Suddenly you don't just have a hole that you're missing; you have a GOAL to work towards! Let other people around you be sources of inspiration and learning resources. Find what works for others and ask yourself how you could also make that work for you.

Comparison doesn't have to mean that you find yourself better or worse; it can simply be a tool for growth.

You know what I'm talking about: you pit yourself against another person or business and you spend your energy examining every little thing that the other party does better than you; making yourself feel less than throughout the process. Social media is the perfect tool to promote this game.

But, while comparison often leads to negative self-talk, loss of confidence and loss of motivation- it doesn't have to!

As an athlete who competed against others doing very similar things, comparison was a constant in my life and I had to learn how to use it to my advantage!

Self-Sabotaging Traps (And How to Get Back on Track):

What I'm talking about here is the undeniably tricky and evasive concept of balance (did you just cringe when you read that?). As our own bosses, who run our own business, who map out our own schedules and create our own goals, it would make sense for us to embrace a balanced lifestyle- finally being able to "live our best life" and create the perfect timetable for ourselves so that we can show up in every capacity exactly as we want to.

But this isn't so easy to do. When the success of your business rests solely on your shoulders, (if you're anything like me) you want to do everything within your power to make it happen. We put blinders on, and we tell ourselves that if we're not working, we're not moving forward. We throw ourselves, body and soul, towards our goals. We work, work, work, and then when we can't work

anymore, we crash. We sink back into the oblivion of not working at all. We rest, and avoid, and take the much-needed break that we deserve. And what results from this, is what I call a teeter-totter effect. Or the Light-switch effect: you're either up or down; either on or off. And while this may be incredibly fruitful and productive in the good moments, it's not the cadence that creates lasting success.

As an athlete, I learned I was my own greatest asset and I needed to treat myself accordingly. Rest became a tool, rather than simply a reward. The same applies to YOU!

Rather than working yourself until you burn out and need to completely step away from your work in order to recover, this idea of striking a balanced approach, allows us to show up, continuously, over and over, at our best.

That's where active-recovery comes into the picture. This means prioritizing REST occasionally; AKA performing leisurely and restful activities outside of work, in order to show up better at work. It's a healthy and enjoyable approach to work and life!

7) NOT UTILIZING ACTIVE RECOVERY

To get you started:

- 1 What activities do you do that leave you feeling rested and more energized?
- 2 How could you replace some of your unproductive work hours, with a few of these activities?
- 3 What would change for you?

IT'S GO TIME!

There you have it! Some of my favourite, go-to tips, tricks and hacks to help you overcome all of these common self-sabotaging traps.

Remember, the important point is not that you never get in your own way (although that would be excellent!); the point: is you can recognize when you're self-sabotaging and are able to implement a corrective action plan ASAP, so you can get back to being an unstoppable bad-ass!

*With smiles & gratitude,
Paige.*

So... What's Next?

Did you like this, but are wanting a more personalized analysis of where your performance is helping you AND where you're missing opportunities?

Your preparation, execution and ownership determine your results and (good news) they are fully within your control! **Complete my Performance Diagnostic** to discover where you can make some positive changes in these three areas in order to more fully utilize your own capabilities and crush your goals!

YES! I want a personalized Performance Diagnostic!

Click here!